



SORRENTO
RETIREMENT RESIDENCE



MAY NEWSLETTER

SORRENTO SCOOP



LIFE AT SORRENTO



Special Events

Fashion Show & Pup Visits

It is about spending time with family, friends (old and new), making new connections and new possibilities. There is always great food and new experiences to enjoy.

Here are some fun events and programs that took place at Sorrento.



HIGH TEA

Commemorative High Tea

Please join us for an afternoon high
tea in honour of the coronation of

King Charles

Friday | May **5** | 2:00pm

**Coronation will be televised on May 6th
@ 6am**

RSVP: Teresa by Wednesday May 3, 2023



NEW SERVICE PROVIDERS

Kiara, Aesthetician from The BeautyDel team will be on site beginning on Tuesday May 23rd, 2023 and will be at Sorrento every third Tuesdays of each month thereafter.

Indulge in the luxurious services that will leave your nails looking stunning. Let our talented professional, Kiara unleash her creativity and dress up your nails. Don't miss out!

See price list attached below & time slots can be booked at concierge.

| BEAUTYDEL | | |
|--|---------------------|-------------------------------------|
| SERVICE MENU | | |
| Our goal is to be the highlight of your day, leaving you feeling valued and beautiful. | | |
| SERVICE | PRICE | WITH TAX |
| Regular Polish Manicure | 55 | 62.15 |
| Regular Polish Pedicure | 65 | 73.45 |
| Regular Polish Manicure & Pedicure Package | 105 | 118.65 |
| Shellac Polish Manicure | 65 | 73.45 |
| Shellac Polish Pedicure | 75 | 84.75 |
| Shellac Polish Manicure & Pedicure Package | 115 | 129.95 |
| Luxury Pedicure | 130 | 146.90 |
| Luxury Manicure & Pedicure Package (Luxury services include the standard package plus extended hand and feet massage, choice of Epson salt, organic essential oils, fresh rose petals, mask treatment) | 185 | 209.05 |
| ADD-ONS | PRICE | WITH TAX |
| Shellac Polish Removal | 10 | 11.30 |
| Nail Design | 10 | 11.30 |
| Extended Hand or Feet Massage | 15 | 16.95 |
| In-room Fee | 20 | 22.60 |
| Note: Shellac polish requires professional removal using acetone. Visit www.beautydel.com/termsandconditions for BeautyDel service Terms & Conditions. BeautyDel e-Gift cards are available for purchase online. | | |
| www.beautydel.com | admin@beautydel.com | (647) 371-0528 @beautydelofficial |



ART WORKSHOP

Art Workshop

**Ink Drawing w/ Oil Rouging
Class (5 sessions)**

DATE: MONDAYS MAY 1, 8, 15, 29TH

&

JUNE 5, 2023

TIME: 1:30PM

WHERE: BISTRO

****Cost: \$35 for all 5 sessions
including art supplies****

****SIGN UP @ CONCIERGE**

AS SPACES ARE LIMITED**

MESSAGE FROM DIRECTOR OF RECREATION

May is so lovely. It's a month of flowers, beauty, and celebrations. May is home to amazing moments in history, birthdays of some of our favorite celebs, and so much more! So sit back, relax, and let's celebrate this amazing month!

Did you know?

- Blue jeans were official invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- The birthstone for May is the emerald which represents love and success.
- The zodiac signs for May are Taurus (April 20-May 20) and Gemini (May 21-June 20).
- The birth flower for May is Lily of the Valley.
- The month May was named for Maia, the Greek goddess of fertility.
- In any given year, no month ever begins or ends on the same day of the week as May does.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day."
- May is the month of autumn in the Southern Hemisphere, and spring in the Northern Hemisphere.
- The Empire State Building opened on May 1, 1931.
- Minnesota was admitted to the Union on May 11, 1858.
- On May 14, 1804, Lewis and Clark began their trip up the Missouri River.
- The first regular airmail service in the United States began May 15, 1918.
- During the civil war, Abraham Lincoln signed the Homestead Act on May 20, 1862.
- On May 20, 1932 Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.
- South Carolina became the 8th state on May 23, 1788.
- San Francisco's beautiful Golden Gate Bridge opened May 27, 1937.
- Rhode Island became the 13th state on May 29, 1790.
- On May 29, 1848, Wisconsin became the 30th state.

Submitted by Teresa Harrington, Director of Recreation.

BIRD OF THE MONTH

Nightingale



The nightingale is a European songbird with a rather plain appearance but possessing a particularly lovely song. In fact, these special birds, which feast on a diet of invertebrates like beetles and flies, can produce over 1,000 different sounds. This is remarkable considering that many other birds of similar size can make only one-third to one-tenth as many noises. They're able to do this because the part of their brain dedicated to making sound is much larger than is typical. Interestingly, despite their name, nightingales most often sing during the day.

They primarily sing at night only during their mating season. Doing so can attract predators, which is why they usually don't risk it unless they have a chance to attract a mate. The light brown birds can be quite aggressive during this time and will defend their territory if they feel threatened or encroached upon. They are shy and elusive birds, preferring thick, tangled habitat.



UPCOMING EVENTS

May 1st Resident Information Meeting @ 1:30pm

*May 1st Art Workshop: Ink Drawing w/ Oil Rouging Session 1@1:30pm ****Sign up*****

*May 2nd Outing: Visit to Caledon Animal Shelter @ 2:00pm ****Sign up*****

*May 4th Zoom Concert in Honour of King Charles @ 1:30 pm ****Sign up*****

*May 4th "Victorian Age" pres with Lianne Harris @3:30pm ****Sign up*****

*May 4th Entertainment w/ Manvir @6:00pm ****Sign up*****

*May 5th High Tea in Honour of the Coronation of King Charles@2:00pm ****Sign up*****

*May 8th Art Workshop: Ink Drawing w/ Oil Rouging Session 2@1:30pm ****Sign up*****

*May 9th Vendor: Mobile Boutique w/Debbie @ 10:00am ****Sign up*****

*May 11th Entertainment w/ Bernice & Steve @6:00pm ****Sign up*****

*May 12th Vendor: Fifth Avenue Jewellery @ 11:00am ****Sign up*****

*May 12th Art Workshop: w/ Humberview SS@ 2:00pm ****Sign up*****

*May 12th Happy Fridays: Cosmos@2:30pm ****Sign up*****

*May 14th Mother's Day Brunch@ 11:00am ****Sign up*****

*May 15th Art Workshop: Ink Drawing w/ Oil Rouging Session 3 @1:30pm ****Sign up*****

*May 17th Outing: Red Lobster @ 11:30am ****Sign up*****

*May 18th Culinary Creations: Fruit Scones @ 2:00pm ****Sign up*****

*May 18th Entertainment w/ John @6:00pm ****Sign up*****

*May 19th Food Demo: Pigs in a Blanket & Mini Finger Sandwiches @ 1:30pm ****Sign***

up**

*May 19th Happy Fridays: Choice of Wines or Beers @2:30pm ****Sign up*****

*May 21st Sing along w/ Pat P. @ 6:00pm ****Sign up*****

*May 23rd Afternoon Entertainment Duo @ 2:00pm ****Sign up*****

*May 25th Entertainment w/Di Zhang @ 6:00pm ****Sign up*****

*May 26th Art Workshop: w/ Humberview SS@ 2:00pm ****Sign up*****

*May 26th Happy Fridays: Mojitos@ 2:30pm ****Sign up*****

*May 26th Sorrento Celebrates @3:00pm ****Sign up*****

*May 27th Spring Fling Open House@ 2:00pm ****Sign up*****

*May 29th Art Workshop: Ink Drawing w/ Oil Rouging Session 4 @1:30pm ****Sign up*****

*May 30th Outing: Trip to Glen Echo Nurseries@10:00am ****Sign up*****

*May 31st Planting Party@ 10:00am ****Sign up*****

*****Sign up required for all events listed*****

For more information, please contact Teresa, Director of Recreation